

“Stress and Burnout in Cancer Workers” & “Work and Life Balance”

A forum for nurses and allied health professionals working in cancer

Date Tuesday 7th February 2012 6pm – 7.30pm

Program

5.45pm **Registration and supper**

6.00pm **Welcome and Introduction**

6.05pm **Stress and Burnout in Cancer Workers**

*Guest Presenter: A/Professor Michael Poulsen
Radiation Oncologist, Mater Hospital*

The objectives for this session:

- Define the term ‘burnout’ and describe the incidence and causes of burnout in Queensland cancer workers
- Outline the meaning and factors associated with work engagement in relation to burnout
- Discuss personal resources that contribute to resilience and prevent burnout

6.45pm **Question and Answer Session**

6.50pm **Work and life – finding the balance**

*Guest Presenter: Dr Anne Poulsen
Occupational Therapist
Director Work Life Balance Solutions*

The objectives for this session:

- Overview current evidence based research relating to work life balance
- Discuss ways that health professionals in cancer care can prevent burnout
- Describe practical strategies that health professionals in cancer care can use to improve personal wellbeing, engagement in their work and life satisfaction

7.25pm **Question and Answer Session**

7.30pm **Close**

Venue Cancer Council Queensland Auditorium,
553 Gregory Terrace Fortitude Valley (opposite the old museum)
Parking available under the building

RSVP E: JudithWhitehead@cancerqld.org.au

This forum is provided free of charge by Cancer Council Queensland
A letter of attendance will be forwarded on request